

content with constituents with a high resistant starch content and substituting some or all of the saturated fats with unsaturated fats.

15. (Amended) A composition according to claim 13 wherein some or all of the resistant starch is, or is derived from, a high amylose maize starch having an amylose content of 50% or more by weight.

16. (Amended) A composition according to claim 13 wherein the unsaturated fat is present in a proportion of at least 25% by weight of the total fat content.

19. (Amended) A composition according to claim 13 wherein the unsaturated fat is selected from one or more of a mono-unsaturated fat, a polyunsaturated fat, an omega-3 fat, and an omega 6 fat.

20. (Amended) A composition according to claim 13 which further comprises at least one further ingredient selected from the group consisting of a flavoring agent, a vitamin source, a mineral source, an electrolyte, and a trace element.

21. (Amended) A composition according to claim 13 in the form of a low calorie diet having an energy content of from 800 to 1200 kcal per day.

22. (Amended) A composition according to claim 13 in the form of a diet having an energy content of more than 1200 kcal per day.

23. (Amended) A composition according to claim 13 in the form of a diet having an energy content of more than 2000 kcal per day.

24. (Amended) A composition according to claim 13 in the form of a powdery mixture, said powdery mixture being soluble, suspendable, dispersible or emulsifiable in a water-containing liquid.

25. (Amended) A composition according to claim 13 in the form of granules.

26. (Amended) A method for regulating carbohydrate and fat metabolism in an individual which method comprises administering to the individual a composition according to claim 13.

27. (Amended) A method of enhancing fat utilization in an individual, which method comprises administering to the individual a composition according to claims 13.

28. (Amended) A method of reducing plasma leptin concentrations and increasing satiety in an individual, which method comprises administering to the individual a composition according to claim 13.

29. (Amended) A method of treating an individual suffering from obesity, which method comprises administering to the individual a composition according to claim 13.

30. (Amended) A method of lowering the risk of obesity in an individual, which method comprises administering to the individual a composition according to claim 13.

31. (Amended) A method of lowering the risk of non-insulin dependent diabetes mellitus in an individual, which method comprises administering to the individual a composition according to claim 13.

32. (Amended) A method of reducing the post-prandial plasma glucose and/or insulin levels in an individual following food consumption by the individual which method comprises administering to the individual a composition according to claim 13.

33. (Amended) A method of controlling an individual's body mass which method comprises administering to the individual a composition according to claim 13.

36. (Amended) A foodstuff comprising a composition according to claim 13.

37. (Amended) A prepackaged meal comprising at least one meal component which comprises a composition according to claim 13.